English

Aomori Guide Book

青森 AOMORI

Aomori Prefecture

You will fall in love with Aomori every time you visit.

Aomori Prefecture fas four distinct beautiful seasons.
Blessed with abundant nature, and uniquely enchanting.
Experience the wonder you can find only in Aomori.

Location

Located to the east of the Asian Continent, Japan consists of four major islands (Hokkaido, Honshu, Shikoku and Kyushu), and small islands around them.
Aomori prefecture is in the northernmost part of Honshu Island, at almost the same latitudeas New York, Beijing and Rome.

Area

Of the world's area of 135.641 million km^2, Japan's area accounts for 0.28%, approximately 377,000 km^2. Japan has the 60th largest area among 192 countries in the world, and its area is approximately one forty-fifth of Russia's area, and one twenty-fifth of Canada's area, China's area and the US's area respectively.
Aomori Prefecture's area is 9,644.55 km^2, the eighth largest prefecture in Japan. Forestsaccount for almost 70% of the entire area of the prefecture.

Population

As of October 1, 2015, Aomori Prefecture's population is 1,308,265 (according to the census). The prefecture has the 31st largest population among prefectures in the country, and the third largest population after Miyagi and Fukushima Prefectures among six prefectures in the Tohoku region.

Climate

Aomori Prefecture has a cold climate. In winter, moist air hitting mountains bring snow, and in summer, areas along the Pacific Ocean sometimes have days of low-temperature because of easterly winds (called yamase). Aomori Prefecture is unique in that it has noticeable seasonal changes, and beautiful nature

■Temperature

Average temperature:11.0°C; highest temperature:33.4°C; lowest temperature: −7.0°C (Aomori City in 2016)

■Amount of snowfall

Yearly snowfall: 556 cm; maximum snow depth: 107 cm (Aomori City in 2016)

Air routes

Seoul	KAL (140 minutes)	Aomori
Tianjin(Binhai)	OKA (200 minutes)	Aomori
Tokyo	JAL (80 minutes)	Aomori
Osaka (Itami)	JAL (90 minutes) ANA (105 minutes)	Aomori
Sapporo (Chitose)	JAL (50 minutes) ANA (50 minutes)	Aomori
Nagoya (Komaki)	FDA (80 minutes)	Aomori
Osaka (Itami)	JAL (90 minutes)	Misawa
Tokyo	JAL (80 minutes)	Misawa
Sapporo (Okadama)	HAC (60 minutes)	Misawa

Railways

Tokyo	Tohoku Shinkansen Hayabusa			Shin-Aomori Time required: Approximately 3 hours
Sapporo	Super Hokuto limited express	Shin-Hakodate Hokuto	Hokkaido Shinkansen Hayabusa	Shin-Aomori Time required: Approximately 4 hours 40 minutes
Shin-Osaka	Tokaido Shinkansen Nozomi	Tokyo	Tohoku Shinkansen Hayabusa	Shin-Aomori Time required: Approximately 6 hours

[* The shortest time required by the limited express train of each line is indicated. Transfer time is not included.]

Contents

Information on Aomori Prefecture P02-03

Nature in Aomori P04-05
Scenic spots through the four seasons

Festivals and traditional performing arts in Aomori P06-07
Summer festival, experience in playing the Tsugaru shamisen, etc.

History and culture of Aomori P08-09
Jomon culture, Aomori Museum of Art, etc.

Winter in Aomori P10-11
Experience in nature, winter events, ski resorts, etc.

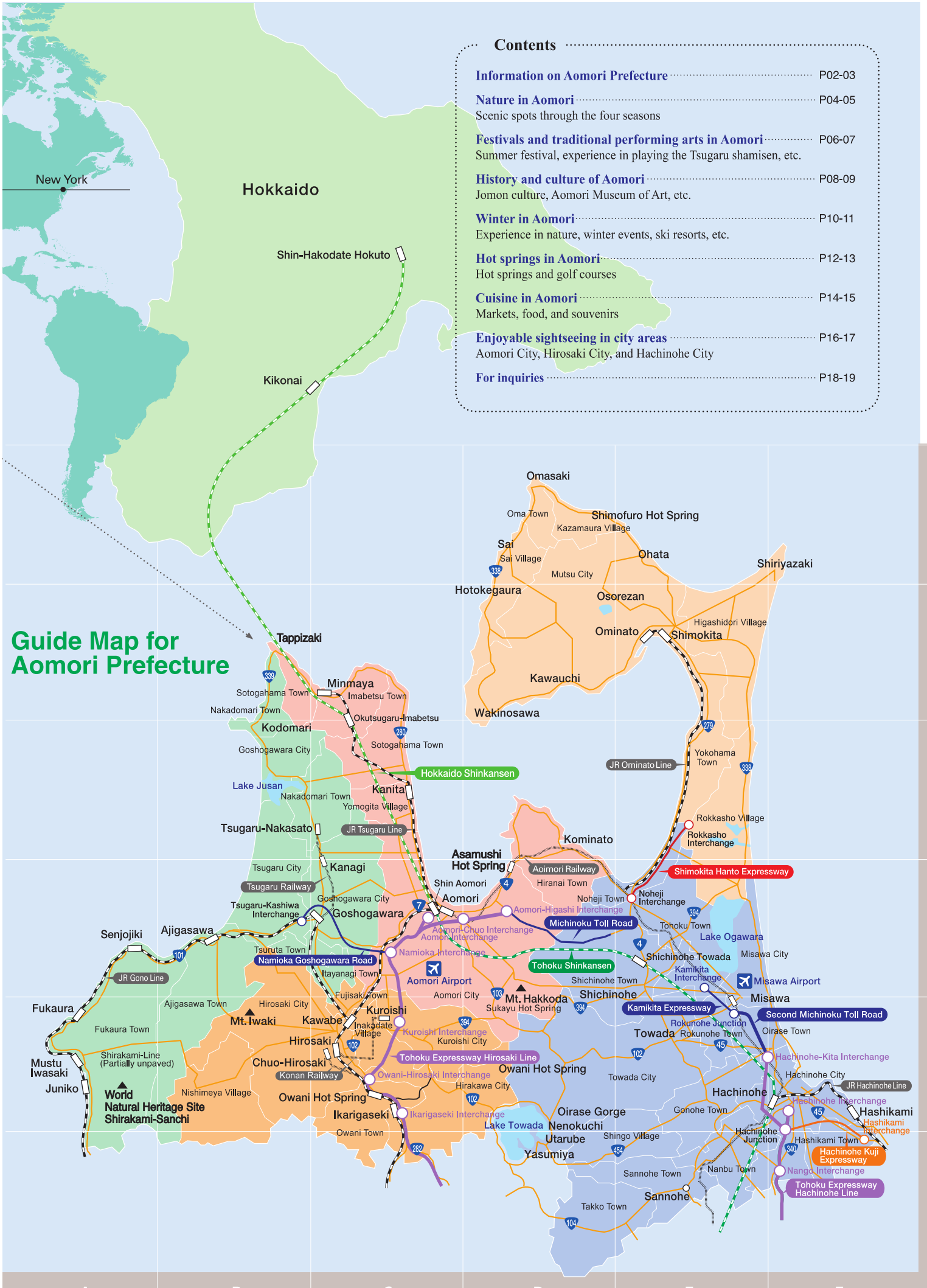
Hot springs in Aomori P12-13
Hot springs and golf courses

Cuisine in Aomori P14-15
Markets, food, and souvenirs

Enjoyable sightseeing in city areas P16-17
Aomori City, Hirosaki City, and Hachinohe City

For inquiries P18-19

Guide Map for Aomori Prefecture



Experience nature through the four seasons Fall foliage at Lake Towada

Lake Towada and the World Natural Heritage Site Shirakami-Sanchi change colors beautifully with the coming of each season.
Aomori in all its natural beauty touches the hearts of those who behold it.

Towada Hachimantai National Park

Lake Towada

(Towada City) MAP/D-6

Lake Towada is a double caldera lake at the top of a 400-meter-high mountain. Scenery can be enjoyed from above the lake, and the observation deck through the four seasons. In particular, its fall foliage is said to be the most beautiful in Japan.

●Approximately 1 hour 30 minutes by car from the JR Shichinohe-Towada Station

Towada Hachimantai National Park

Oirase Gorge

(Towada City) MAP/D-5

Oirase Gorge stretches 14 kilometers from Nenokuchi of Lake Towada.
Along the gorge with a level difference of 200 meters are scenic spots such as Choshi Falls, Ashura Stream, and Kumoi Falls. It is wonderful to take a walk in the season of new leaves, or red leaves.

●Approximately 1 hour by car from the JR Shichinohe-Towada Station

Towada Hachimantai National Park

Hakkoda

(Aomori City) MAP/D-4

Hakkoda consists of the northern and southern Hakkoda Mountains with the highest summit 1,585 meters above sea level. Hakkoda is home to many bogs and alpine plants. and a majestic landscape can be enjoyed from the ropeway through the four seasons.

●Hakkoda Ropeway
Approximately 1 hour by car from the JR Aomori Station

Cherry blossoms in Hirosaki Park "Hanaikada (Floral raft)"
(Hirosaki City) MAP/C-5

Hirosaki Castle is one of the major cherry blossom-viewing spots in Japan. In spring, about 2,600 cherry trees bloom, and create captivating and beautiful scenery with the castle tower, three turrets, five castle gates, and triple moats. This is a photograph of Hanaikada, cherry blossom petals filling the moat around the castle.

●Approximately 10 minutes by car from the JR Hirosaki Station

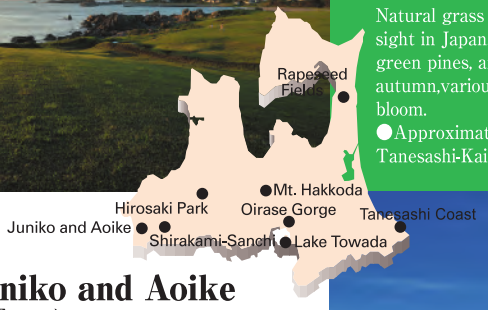
World Natural Heritage Shirakami Sanchi

Anmon Falls
(Nishimeya Village) MAP/B-5

Anmon Falls is a collective term for three falls with drops of 26 meters, 37 meters, and 42 meters respectively, located at the headstream of the Iwaki River in the Shirakami-Sanchi. Anmon Falls is one of the most famous scenic spots in the Shirakami-Sanchi. The falls with cascades of clear water spilling out of the beech forest are a sight one must see.

●Approximately 1 hour from JR Hirosaki Station by car.

*There is currently no temporary walkway. Visitors can go near the falls via the intermediate or advanced route.



Sanriku Fukko (Reconstruction) National Park Tanesashi Coast
(Hachinohe City) MAP/F-5

Natural grass spreads to the water's edge - a rare sight in Japan. The coastline features white sand, green pines, and various rocks. From spring to autumn,various seaside plants and wild flowers bloom.

●Approximately 3 minutes on foot from the JR Tanesashi-Kaigan Station

Lake Juniko and Aoike
(Fukaura Town) MAP/A-5

Lake Juniko consists of 33 lake and ponds that are scattered in the western part of the World Natural Heritage Site Shirakami-Sanchi. One of them is called Aoike (literally "blue pond"), the surface of which is enchant-ingly shining and beautiful, like blue ink melting.

●Approximately 10 minutes by car from the JR Juniko Station

Rapeseed Fields
(Yokohama Town) MAP/E-3

Yokohama Town has one of the largest rapeseed fields blossoming in May.
When the flowers are in full bloom, the entire town is covered with a vibrant yellow carpet. A rapeseed flower festival is held during this full bloom season.

●Approximately 10 minutes by car from the JR Mutsu-Yokohama Station

Hachinohe Sansha Taisai

December 1, 2016
Yama, Hoko, Yatai, float festivals in Japan
UNESCO List of the Intangible Cultural Heritage of Humanity

Goshogawara Tachineputa
(Goshogawara City) MAP/C-4

Giant neputa floats common during the Meiji Period (1868-1912) have been restored by town volunteers. The procession of valiant Tachineputa measuring 23 meters high together with the spirited sounds of flutes and taiko drums is overwhelming.

●Period of the festival: From August 4 to 8
●Approximately 5 minutes on foot from the JR Goshogawara Station

Nationally designated significant intangible folk cultural asset

Hachinohe Sansha Taisai Festival
(Hachinohe City) MAP/F-5

A gorgeous parade featuring floats with a history and tradition stretching back some 300 years. One will be enthralled by the traditional procession of three portable shrines, followed by 27 floats featuring myths, legends, and kabuki.

●Period of the festival: From July 31 to August 4 (Pre-event on July 31 and post-event on August 4)
●Approximately 5 minutes on foot from the JR Hon-Hachinohe Station

Festivals in Aomori and Traditional Performing Arts

Don't miss one of Japan's hottest festivals!

The summer festivals and traditional performing arts typical of Japan have been handed down for many decades to hundreds of years. Festival floats are adorned in vivid colors against the night sky, and the sounds of music accompany the festivals. The passion of people who love their hometown is deeply fascinating.

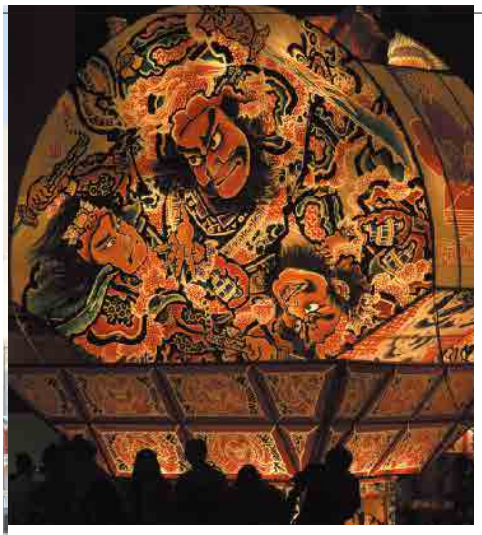
Nationally designated significant intangible folk cultural asset

Aomori Nebuta Festival
(Aomori City) MAP/C-4

The Aomori Nebuta is one of the major festivals in Japan. It is an energetic festival held in the summer in Aomori, and is filled with an upbeat energy with Nebuta float figures, festival music, and dancers.

●Period of the festival: From August 2 to 7 (August 1 is the pre-event)
●Approximately 5 minutes on foot from the JR Aomori Station
Nebuta Creator: Hiroo Takenami

Created by: Asako Kitamura



Nationally designated significant intangible folk cultural asset

Hirosaki Neputa Festival

(Hirosaki City) MAP/C-5

A procession of approximately 80 small and large vivid-colored lantern floats featuring Sangokushi, Suikoden, and other legendary stories move through the city. Pictures of beautiful women, or ink paintings that adorn the back of the lantern floats give contrast.

●Period of the festival: From August 1 to 7
●August 1 to 4: Dotemachi course
August 5 to 6: Ekimae course
August 7: Dotemachi Nakabi course
●Approximately 15 minutes on foot from the JR Hirosaki Station

Tanabu Festival

(Mutsu City) MAP/E-2

This is the largest festival in the Shimokita area and dates back more than 370 years. It is a Tanabu Shrine rite. It features a parade of five elaborately decorated Kyoto-style floats accompanied by dancers dancing the traditional Oshimako Nagashi Odori dance.

●Period of the festival: From August 18 to 20.
●Approximately 10 minutes by car from JR Shimokita Station

Kuroishi Yosare "Dancing Parade"

(Kuroishi City) MAP/C-5

Kuroishi Yosare is one of the three major dancing parades in Japan, and it has its origin in a song with dialogue between a man and a woman, performed during a Bon festival dance 500 years ago. Visitors can enjoy the Teodori dance accompanied by shamisen, drums, and songs, and a dramatic dancing parade with about 3,000 dancers.

●Period of the festival: From August 15 to 16
●Approximately 5 minutes on foot from the Konan Railway Kuroishi Station

Aomori Nebuta Festival

Experiencing tradition Experincing Tsugaru Shamisen

Tsugaru shamisen

Experience Tsugaru Shamisen

Tsugaru Shamisen Tourist Hall

(Goshogawara City) MAP/C-4

The Tsugaru Shamisen Tourist Hall is a unique facility, as a home of the Tsugaru shamisen, to introduce the history of the Tsugaru Shamisen and Tsugaru folk music, and local performing art. Visitors can enjoy the live performance of the Tsugaru shamisen, and also experience playing the shamisen by themselves.

●Approximately 5 minutes on foot from the Tsugaru Railway Kanagi Station

Facilities where visitors can experience participating in the "festivals in Aomori" even during the off-season

Tsugaruhan Neputa-mura

(Hirosaki City) MAP/C-5

Giant neputa floats and materials are displayed, and flutes and drums are played. Visitors can experience decorative painting on a neputa float in the shape of a goldfish. In addition, visitors can also enjoy producing traditional crafts, and shopping for local products in this facility for promoting local specialties for tourists.

●Approximately 10 minutes by car from the JR Hirosaki Station

Nebuta no le Wa Rasse

(Aomori City) MAP/C-4

Four giant nebuta float figures from the Aomori Nebuta Festival are displayed, and their history and appeal are introduced. Visitors can enjoy everything about nebuta throughout the year.

●Approximately 1 minute on foot from the JR Aomori Station

Tachineputa no Yakata

(Tachineputa Museum)
(Goshogawara City) MAP/C-4

Floats from the nationally popular summer festival, including three giant Tachineputa standing over 23 meters high, are displayed on a permanent basis. Visitors can enjoy everything about the festival, including videos and a festival music practice venue, throughout the year.

●Approximately 5 minutes on foot from the JR Goshogawara Station

Get in touch with arts cultivated in Aomori, and the Ancient Jomon culture

Visitors to Aomori will be impressed by a cultural heritage enriched and enhanced by people in Aomori, and the heritage includes the Sannai Maruyama Site, which is one of Japan's largest archeological sites from the early to the middle of the Jomon period, and buildings where visitors can get in touch with the culture and history of Aomori.

National treasure
Gassho Dogu

National historical relic site

Korekawa Ruins

(Hachinohe City) MAP/F-5

An archeological site from the Jomon period famous throughout the country, the Korekawa Ruins spread across the southeast area of Hachinohe City along the Niida River. Excavated artifacts are displayed at the Korekawa Archeological Institution and the Hachinohe City Museum. Along the opposite shore of the Niida River is the Kazahari site, where relics from the Jomon to Heian Periods (14000 B.C.–V1185 A.D.) have been unearthed. This figurine unearthed from the remains of a pit dwelling is in a sitting position with its hands clasped in the front as if praying. It is called "Gassho Dogu," meaning "Praying Figurine." In July 2009, the Gassho Dogu was designated a national treasure and displayed at the Korekawa Archeological Institution.

■Korekawa Archeological Institution
●Approximately 20 minutes by car from the JR Hachinohe Station
[Inquiries] "TEL:0178-38-9511"
TEL: 0178-38-9511
■Hachinohe City Museum
●Approximately 10 minutes by car from the JR Hachinohe Station
[Inquiries] TEL: 0178-44-8111

National historical relic Site

Kamegaoka Site

(Tsugaru City) MAP/B-3

Clay figurines and stone artifacts from the latter part of the Jomon Period, including a goggle-eyed clay figurine (designated a national important cultural property) have been discovered at this site. Stone artifacts unearthed in the latter part of the Jomon Period feature red lacquered designs drawn on black lacquer, characteristic of the as Kamegaoka culture.

●Approximately 20 minutes by car from the JR Kizukuri Station

Jomon Archaeological Sites in Hokkaido, Northern Tohoku and other regions were added to the UNESCO World Heritage Tentative List on January 5, 2009

Nationally designated special historic site

Sannai Maruyama Site

(Aomori City) MAP/C-4

This site is the remains of one of Japan's largest settlements in the Jomon period of approximately 4,000 to 5,500 years ago. A number of remains, including the remains of large pit dwellings, and buildings with columns embedded in the ground have been discovered.

●Approximately 10 minutes by car from the JR Shin-Aomori Station, and approximately 20 minutes by car from the Aomori Airport

Visitors can experience people's way of life and the profound history

Osamu Dazai Museum

Shayo-kan

(Goshogawara City) MAP/C-4

This building was restored to its state at the time it was occupied by Osamu Dazai, the most prominent writer from Aomori. In the warehouse, there is an exhibition room displaying manuscripts written by Osamu Dazai, and his favorite cloak.

●Approximately 10 minutes on foot from the Tsugaru Railway Kanagi Station

Hoko-ji Temple

(Nanbu Town) MAP/E-6

Shoyoto is the tallest three-story pagoda in Japan, and it houses the oldest Buddha's ashes in Japan. There is also Senbonmatsu (one thousand pines), which is a prefectural protected species, and 1000-year-old Jiisugi (Japanese cedar). Visitors can also experience Zen sitting meditation.

●Approximately 20 minutes by car from the Aoimori Railway Suwanotaira Station

National important cultural property

Five-story pagoda in Saisho-in Temple

(Hirosaki City) MAP/C-5

The five-story pagoda was built in 1667 in order to hold a service for the war deaths of friends and enemies alike at the time of unifying Tsugaru. This five-story pagoda of 31.2 meters in height exhibits a beautiful contrast of copper-red walls and white stucco. It is the northernmost pagoda in Japan designated as an important national cultural property.

●Approximately 10 minutes by car from the JR Hirosaki Station

Immerse yourself in the nostalgic atmosphere. A number of Western-style buildings will give you a glimpse of architectural culture of some time ago.

National important cultural property

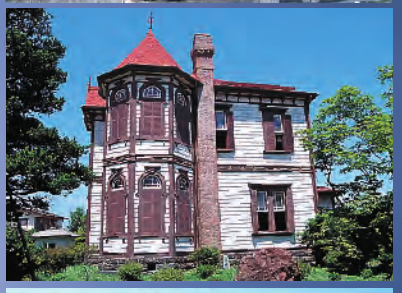
Old Historic Aomori Bank
(Hirosaki City) MAP/C-5

In 1904, this building was constructed as the main building of the National 59th Bank's head office. It is a two-story wooden building in a semi-European style combined with the Renaissance style building and the Japanese dozo style, so one will sense a modern flavor in various places.
●Approximately 10 minutes by car from the JR Hirosaki Station

National important cultural property

Hirosaki Gakuin Missionary House
(Hirosaki City) MAP/C-5

In 1906, the building was constructed for female missionaries who were sent to Hirosaki Gakuin, and in 1978, the building was relocated to the present location. The building exemplifies one of the Western-style buildings of the Meiji period.
●Approximately 10 minutes by car from the JR Hirosaki Station



Former residence of foreign teachers in Touou Gijuku
(Hirosaki City) MAP/C-5

In 1901, this building was constructed as a residence of foreign missionaries who were invited by Touou Gijuku, the first private school in the prefecture. The interior of the building is still furnished as it used to be, so one can peek into the life of the missionaries at that time.
●Approximately 20 minutes by bus from JR Hirosaki Station

Fujita Family Mansion and Garden
(Hirosaki City) MAP/C-5

The building was constructed as the second house of Mr. Kenichi Fujita, an industrialist, in Hirosaki City in 1919. In this building with the flavor of the Taisho period, there is a tearoom and a reference library concerning Mr. Kenichi Fujita. The residence offers a nice view toward the garden.
●Approximately 10 minutes by car from the JR Hirosaki Station

Hirosaki Anglican Ascension Church
(Hirosaki City) MAP/C-5

This is a Protestant church originating from the tradition of the Church of England. The church was designed in 1921 by a missionary named J. M. Gardiner. Feel its long history in the Gothic-style red-brick building.
●Approximately 10 minutes by car from the JR Hirosaki Station

rooted in this community.

Iwakisan Shrine
(Hirosaki City) MAP/B-5

Iwakisan Shrine was built at the base of Mt. Iwaki, known as the Tsugaru Fuji, more than 1,200 years ago. A two-story giant gate of 22 meters in hight, an inner gate, the hall of worship, and the main shrine were designated as important cultural properties. The main building with richly colored, elaborately carved sculpture is quite impressive.
●Approximately 40 minutes by car from the JR Hirosaki Station

Aomori Museum of Art
(Aomori City) MAP/C-4

In pursuit of original works of unique artists from Aomori Prefecture, and to communicate the artistic culture of Aomori to the world, The museum actively develops various cultural and artistic activities. In addition to rooms for planned exhibitions, there are also rooms for permanent collection, a theater, a workshop, a community gallery, a restaurant, and a museum shop.
●Approximately 10 minutes by car from the JR Shin-Aomori Station, Approximately 20 minutes by car from Aomori Airport

[Overview of permanent exhibitions]

Permanent exhibitions feature artists from Aomori, such as Shiko Munakata, Yoshitomo Nara and Toru Narita.

Floor	Names of the permanent exhibition rooms	Major artists
B2F	Aleko Hall, etc.	Chagall: three backdrops for *Aleko* Yoshitomo Nara: works including *Chagall's backdrops for scenes 1, 2, and 4 of the ballet *Aleko* are normally on display. From April 25, 2017, to March 2021 (end date subject to change), the backdrop for scene 3 will also be on display, so all four backdrops can be viewed together. "Aomori Dog" Shuji Terayama: Recreation of Tenjo Sajiki (actor group) stage, posters, etc.
B1F	Shiko Munakata Exhibition Room	Shiko Munakata: woodblock prints, oil paintings

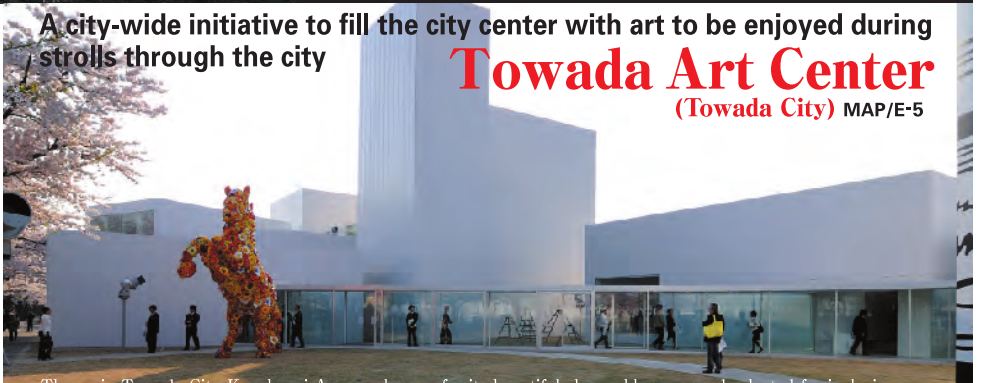
Museum closed on the second and fourth Monday every month, and December 29 to 31
(Closing days during planned exhibitions may change.)
Admission fees for viewing permanent collection:
510 yen for adults, 300 yen for college and high school students,
100 yen for elementary and junior high school students
(Entrance fee is free for school activities)
* Separate fee for planned exhibitions.

<Inquiries>
Aomori Museum of Art
185 Aza Chikano, Yasuta, Aomori City 038-0021; TEL: 017-783-3000
http://www.aomori-museum.jp/en/

History and culture of Aomori

A city-wide initiative to fill the city center with art to be enjoyed during strolls through the city

Towada Art Center
(Towada City) MAP/E-5



The main Towada City Kanchogai Avenue, known for its beautiful cherry blossoms and selected for inclusion as one of the 100 best roads in Japan, is transformed into a huge open-door art space with works from in and outside of Japan. It is a unique endeavor. The Art Center located at about the center of the street is a unique building with each of the exhibition rooms connected with a glass-walled corridor. The artworks are displayed in an open manner, where they can be viewed in the exhibition rooms or even from the street. Three art squares across the street are a popular attraction.
●Approximately 20 minutes by car from JR Shichinohe-Towada Station

Snowy World. Enjoy the winter of beautiful Aomori

Aomori's number of ski trails have been highly regarded by foreign tourists because the ski trails offer good powder snow so they can enjoy dynamic skiing in the middle of the vast wilderness, and visitors can thoroughly enjoy different winter sports such as snow trekking through the vast nature of Aomori.

Hakkoda Ropeway
(Aomori City) MAP/D-4

It takes about 10 minutes by the ropeway from the base to the top of the mountain 1,324 meters above sea level. An ocean of trees spreads below your eyes, so you will enjoy a commanding 360-degree view.

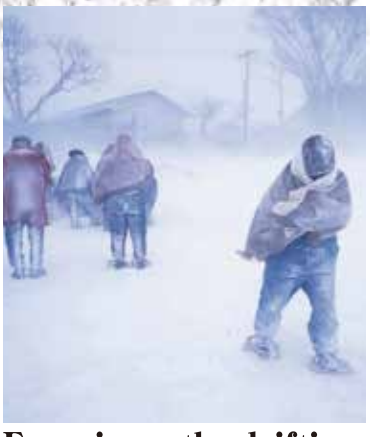
●Approximately 1 hour by car from JR Aomori Station

Spring ski at Hakkoda

Tsugaru Railway Stove Train
(Goshogawara City) MAP/C-4

An atmospheric coal potbelly stove is placed in this train which has a nostalgic atmosphere with wooden window frames and floors. The Stove Train has been operating since 1940 from December to March.

●The Stove Train leaves from the Tsugaru Railway Tsugaru-Goshogawara Station.



Experience the drifting snow of snow country
(Goshogawara City) MAP/C-4

This area is known for snow blowing "from beneath" to the degree one can hardly open his or her eyes because of snow blowing upward by strong wind. This is a unique winter event to walk in a blizzard in unique and traditional attire.

●Approximately 20 minutes by car from the JR Goshogawara Station

Walk through Hakkoda
(Aomori City) MAP/D-5

Participants walk through an 8-kilometer road flanked with snow nine meters in height. This special event is held for only two to three days before the opening of National Highway Route 103, the Hakkoda-Towada Gold Line, which is closed in the winter.

●Approximately 1 hour by car from the JR Aomori Station

Snow Monsters in Hakkoda
(Aomori City) MAP/D-4

Weather-beaten trees in Hakkoda transform into monstrous but beautiful and magnificent snow monsters. There is a tour to walk through these trees and enjoy taking a hot spring bath.

●Approximately 1 hour by car from the JR Aomori Station

Ski Resorts and Ice-Skating Rinks in Aomori

Moya Hills Ski Resort
(Aomori City) MAP/D-4

This is a frequented ski resort located in the suburbs of Aomori City. The ski resort offers various slopes for the enjoyment of skiing according to the levels of skiers. At night, the ski resort offers a panoramic night view of Aomori City.

●Approximately 30 minutes by car from the Aomori Airport
●Approximately 40 minutes by car from the JR Aomori Station

Hakkoda Ski Resort
(Aomori City) MAP/D-4

This ski resort offers long dynamic slopes with natural topographic features incorporated, such as trees glazed with ice, and wavy slopes. Skiers can enjoy skiing from the beginning of December to the middle of May.

●Approximately 1 hour by car from the Aomori Airport and JR Aomori Station

Aomori Spring Ski Resort
(Ajigasawa Town) MAP/B-4

This ski resort offers natural powder snow and a long slope running toward the ocean. Moreover, skiers can also enjoy taking a hot spring bath. The ski resort is one of the best ski resorts in the Tohoku area.

●Approximately 1 hour 10 minutes by car from Aomori Airport
●Approximately 30 minutes by car from the JR Ajigasawa Station

Owani Hot Spring and Ski Resort
(Owani Town) MAP/C-5

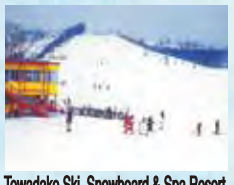
This ski resort was used as a venue hosting alpine jumping and the like in the 2003 Winter Asian Games. Located in a hot spring resort, the ski resort is the largest ski resort in the prefecture.

●Approximately 1 hour by car from Aomori Airport
●Approximately 10 minutes by car from the JR Owani-Onsen Station

Makado Hot Springs and Ski Resort
(Noheji Town) MAP/D-4

This ski resort offers a variety of slopes for high- and moderate-speed skiing, from slopes for families to slopes through forests. Skiers can enjoy a panorama of the vast wilderness.

●Approximately 1 hour 20 minutes by car from Aomori Airport
●Approximately 10 minutes by car from the Aoimori Railway Noheji Station



Towadako Ski, Snowboard & Spa Resort
(Towada City) MAP/D-5

This ski resort is most suitable for beginners and families. The resort is located near Lake Towada, Towadako Onsenkyo, and other scenic spots, so you can enjoy skiing and taking hot spring bath.

●Approximately 1 hour by car from Misawa Airport
●Approximately 1 hour by car from the JR Shichinohe-Towada Station

Ice-Skating Rinks

Nagane Park Skating Rink
(Hachinohe City) MAP/F-5

Located in Nagane Sport Park near the central park of the city, the Nagane Skating Rink is known for its outside skating rink covered with good ice.

●Approximately 15 minutes on foot from the JR Hon-Hachinohe Station

Prefectural Skating Rink
(Aomori City) MAP/C-4

This skating rink is used for ice skating and ice hockey in winter, and as the nation's largest indoor inline skating rink in summer.

●Approximately 20 minutes by car from the JR Aomori Station

Snow mountain Snow trekking in the crisp and refreshing air

Shirakami Snow Trekking
(Nishimeya Village) MAP/B-5

Participants take an approximately two-kilometer walk through a beech forest covered deeply with snow and along the Anmon River. A walk through the shining snow field is truly invigorating.
●Approximately 1 hour by car from the JR Hirosaki Station

Snow hiking near Juniko
(Fukaura Town) MAP/A-5

Participants wear kanjiki, which are snowshoes used by people working in winter mountains in order to prevent their feet being buried in snow, and take a walk along Lake Juniko. One may encounter Japanese serows, snow monkeys, or other wild animals.
●Approximately 15 minutes by car from JR Juniko Station

Oirase and Tsuta-no-mori Snow Rambling
(Towada City) MAP/D-5

You can take a trekking tour in snow shoes through "Tsuta-no-mori" forest in Minami-Hakkoda taking in the fresh air of the Oirase Gorge and the gentle sloped beech forest. Trekking comfortable for beginners.
●Approximately 1 hour by car from the JR Shichinohe-Towada Station

Mt. Iwaki Snow Shoe Trekking
(Hirosaki City) MAP/B-5

Trekking the foot of the snow-covered Mt. Iwaki in the clear air wearing snow shoes. You may be lucky enough to find the footprints of animals.
●Approximately 40 minutes by car from the JR Hirosaki Station

Hakkoda Snow Hiking
(Aomori City) MAP/D-4

There are a variety of trekking courses through the nature, snow monsters and beech forests of Hakkoda. Enjoy the winter of Hakkoda!
●Approximately 1 hour by car from the JR Aomori Station

Asamushi Hot Spring Snow Hiking
(Aomori City) MAP/D-4

Trekking in snow shoes to a view point with a panoramic view of Mutsu Bay and Asamushi hot spring. Look for animal paw prints and wild birds.
●Approximately 10 minutes by car from the Aoimori Railway Asamushi-Onsen Station

Major Three Winter Festivals in Aomori

The Hirosaki Castle Snow Lantern Festival (Hirosaki City) MAP/C-5

During the cold winter night, the snow-covered castle tower is lit up, and candle-lit snow lanterns and mini Kamakura igloos transform the area into a world of snow and light.
●Approximately 10 minutes by car from the JR Hirosaki Station

National important intangible folk cultural property

Hachinohe Enburi Festival
(Hachinohe City) MAP/F-5

Dancers with headgear symbolizing the head of a farm horse dance with their heads moving close to the ground vigorously in precise order in unison with flutes and drums. The festival is held for four days from February 17 every year.
●Approximately 10 minutes on foot from the JR Hon-Hachinohe Station
●Approximately 20 minutes by car from the JR Hachinohe Station

Lake Towada Winter Stories Festival
(Towada City and Lake Towada) MAP/D-6

In a magical atmosphere with snow and lights, visitors can enjoy listening to live Tsugaru shamisen performances, experience dancing as a Nebuta dancer, and eating cuisine unique to Aomori. It is moving to watch fireworks in the cold air of winter.
●Approximately 1 hour 30 minutes by car from the JR Shichinohe-Towada Station

Enjoy Hot Springs in the Middle of Nature

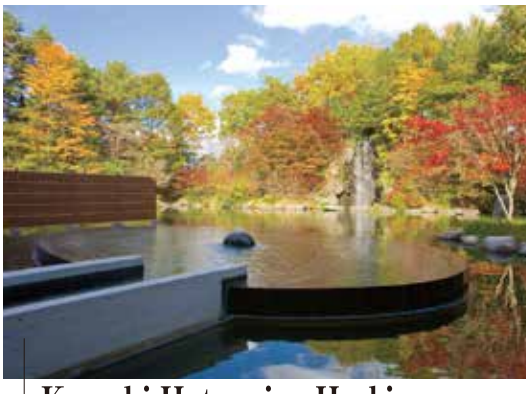
Aomori is known as one of the most prominent hot spring resorts in Japan. There are many atmospheric hot-spring inns unique to Japan all ready to heal guests' hearts.

This is a famous outdoor hot spring bath representative of hot springs in the Tohoku area. Located close to the ocean, guests can enjoy both a bath and a glorious view in the evening. In the new building, there is also an outdoor hot spring bath overlooking the vast Sea of Japan.
●Approximately 5 minutes by car from the JR WeSpa Tsubakiyama Station

Koganezaki Furofushi Hot Springs (Fukaura Town) MAP/A-5

Yagen/Oku-Yagen Hot spring resort
(Mutsu City) MAP/D-1

A quiet hot spring village in a mountainous area. Yagen hot spring was named after "yagen," an instrument to grind herbal medicines used for traditional Chinese medicine, because the source of the hot spring resembled yagen. Oku-Yagen hot spring, which is famous for the legendary kappa, is located in the upstream about two kilometers above.
●Approximately 1 hour by car from the JR Shimokita Station



Komaki Hot spring Hoshino Resorts Aomoriya
(Misawa City) MAP/E-5

A hot spring covering a vast area of approximately 730,000 square meters. Soak in the outdoor hot spring. Aomori Nebuta Festival floats are displayed in the building.
●Approximately 10 minutes on foot from the Aoimori Railway Misawa Station

Aoni Hot Springs
(Kuroishi City) MAP/C-5

A secluded hot spring at Hakkoda ravine, where the only light is from lamps. The open air bath along the mountain stream, and the hiba wood bath create a rustic hot spring atmosphere.
●Approximately 40 minutes by car from the Konan Railway Kuroishi Station

Golf Courses in Aomori Prefecture

Aomori Country Club
MAP/C-4

Aomori Country Club offers hilly golf courses. There are gentle undulations throughout the courses. There is a gently sloped course and a course where golfers can enjoy seasonal landscapes.
●Approximately 25 minutes by car from JR Aomori Station

Natsudomari Golf Links
MAP/D-3

Natsudomari Golf Links offers hilly golf courses. The whole courses are gently undulated, and creeks and ponds are effectively laid out. The courses require skilled techniques and strategies of golfers.
●Approximately 30 minutes by car from the Aoimori Railway Asamushi-Onsen Station

Tsugaru Country Club
(Hyakuzawa Course) MAP/B-5

Tsugaru Country Club offers hilly golf courses. Located in a hilly area with a view of Mt. Iwaki, the golf courses are laid out so golfers can enjoy shooting long shots. The courses are long enough to reach respective holes.
●Approximately 30 minutes by car from the JR Hirosaki Station

Touou Country Club
MAP/D-4

Touou Country Club offers hilly golf courses. The courses vary widely, so golfers can enjoy playing golf strategically. Golfers can also enjoy a view of Mutsu Bay beyond lush woods.
●Approximately 15 minutes by car from the Aoimori Railway Asamushi-Onsen Station

Aomori Royal Golf Club
MAP/C-5

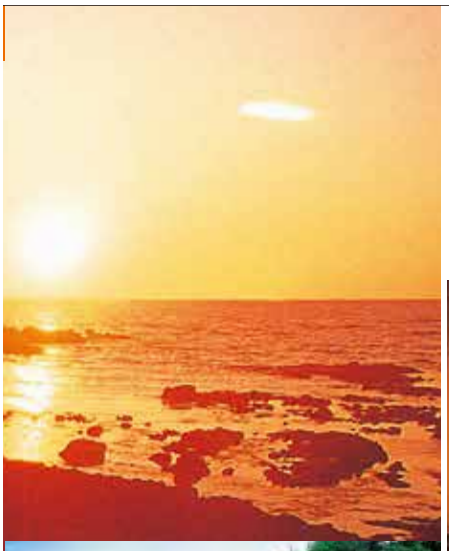
Aomori Royal Golf Club offers hilly golf courses. Though the golf courses are situated on the top of a hill, the golf courses are gently undulated. However, the courses are ingeniously laid out with ponds, bunkers, and trees.
●Approximately 50 minutes by car from Aomori Airport
●Approximately 15 minutes by car from the JR Owani Onsen Station

Shimokita Three Hundred Golf Club
MAP/E-3

Shimokita Three Hundred Golf Club offers hilly golf courses. The course features gentle up and down slopes on which gofers can enjoy beautiful scenery that changes with the four seasons.
●Approximately 30 minutes by car from the JR Noheji Station

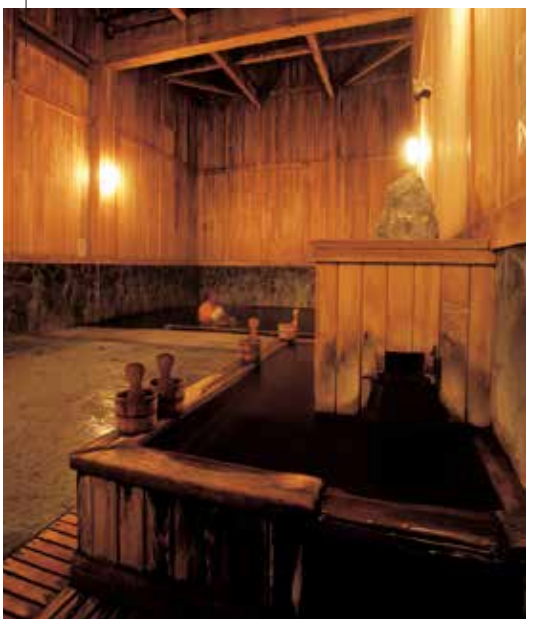
Tsugaru Country Club
(Dake Course) MAP/B-5

Tsugaru Country Club offers hilly golf courses. Located at the base of Mt. Iwaki, the whole courses are somewhat short but they vary widely. The courses are designed for beginners to experienced players to enjoy playing golf.
●Approximately 40 minutes by car from the JR Hirosaki Station



Tsuta Hot spring
(Towada City) MAP/D-5

The inn has long been loved and its secluded atmosphere still remains now. A bathhouse made of hiba was constructed right above the source of a spring, so hot spring water comes out directly from the source.
●Approximately 1 hour 30 minutes by car from the JR Aomori Station



Makado Kanko Hotel

Makado Hot spring
(Noheji Town) MAP/D-4

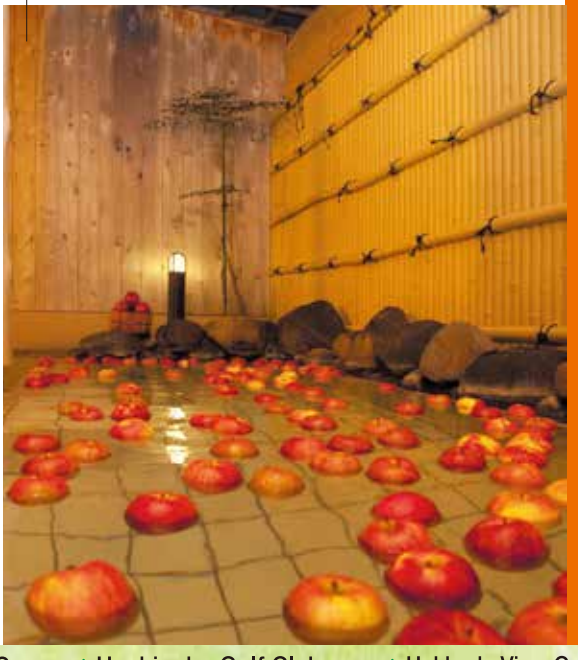
There are legends about a crane that healed its wounds here, and stories about famous historical figures Yoshitsune and Benkei taking a bath here.
●Approximately 20 minutes by car from JR Noheji Station

Tsugaru Minamida Hot spring Hotel Apple Land
(Hirakawa City) MAP/C-5

Minamida hot spring is called a beauty hot spring that is said to smooth the skin. The Hinoki baths that guests can reserve exclusive use for a relaxing experience, and the famous "open bath with apples floating" are well received by guests.
●Approximately 10 minutes on foot from the Konan Railway Hiraka Station Hiraka Station

Sukayu Hot Springs
(Aomori City) MAP/D-5

Designated in 1954 as the first hot spring in Japan with healing properties, Sukayu onsen is the oldest hot spring in Aomori. Its large bathhouse for mixed bathing called Senninburo (meaning a bath for 1,000 persons) is well known. There is time set aside exclusively for woman bathers, as well as smaller separate baths for men and women that feature the same hot spring quality.
●Approximately 1 hour by car from the JR Aomori Station



Ajigasawa Hot spring Grand Mer Sankaiso
(Ajigasawa Town) MAP/B-4

A hotel with an impressive classical interior. Guests will be able to enjoy a view of the Sea of Japan from the window, and also a magnificent view from the large bath, and outdoor hot spring baths. The hotel's sea food dishes are popular.
●Approximately 15 minutes on foot from the JR Ajigasawa Station

Asamushi Hot Springs
(Aomori City) MAP/D-4

Known as a prime location in Aomori to relax and escape from the hustle and bustle travelers will find resort-like hotels and hot spring resorts reminiscent of the good old days. A live Tsugaru shamisen performance is presented every day free of charge. Free footbaths are available in front of the station and in the park.
●Approximately 1 minute on foot from the JR Aoimori Railway Asamushi-Onsen Station

Hoshino Resort Kai Tsugaru

Owani Hot springs
(Owani Town) MAP/C-5

The history of the hot spring goes back some 800 years. Along the clear stream of the Hira River stand hot spa inns and public bathhouses with the atmosphere of the past. People have been enjoying the Owani hot springs since olden times, as an "Okuzashiki" (an elegant place where guests are received) in Tsugaru.
●Approximately 5 minutes on foot from the JR Owani Onsen Station

Tsugaru Kogen Golf Course
MAP/C-5

Tsugaru Kogen Golf Course offers hilly golf courses. The courses are laid on a gently undulated plateau, and each hole is separated with natural forests. The 11th shot hole over a pond has been much talked about among golf players.
●Approximately 35 minutes by car from the JR Hirosaki Station

Hachinohe Golf Club
MAP/F-5

Hachinohe Golf Club offers river terrace golf courses. With a history of more than 30 years, the golf club offers flat golf courses that require a technique to analyze winds blowing over the river basin.
●Approximately 5 minutes by car from the JR Hon-Hachinohe Station

Hakkoda View Country Club
MAP/D-5

Hakkoda View Country Club offers hilly golf courses with a total of 27 holes. With a magnificent view of Mt. Hakkoda, side bunkers are effectively placed and the holes are strategically laid out.
●Approximately 1 hour 10 minutes by car from the JR Aomori Station

Biwanodai Golf Club
MAP/C-5

Biwanodai Golf Club offers hilly golf courses. Located at a plateau with a commanding view, golf players will be able to enjoy playing golf in a relaxed manner on the hilly golf courses in the middle of the wildness overlooking Mt. Hakkoda.
●Approximately 25 minutes by car from the JR Owani Onsen Station

Aomori Spring Golf Club
MAP/B-4

Located at the base of Mt. Iwaki, Aomori Spring Golf Club has golf courses laid on the natural topography. The golf courses with 36 holes were designed strategically by Arnold Palmer.
●the JR Hirosaki Station

Hachinohe Country Club
MAP/F-5

Hachinohe Country Club offers hilly golf courses. Bunkers are laid out effectively, and the layout of holes over ponds and trees requires high techniques.
●Approximately 30 minutes by car from the JR Hon-Hachinohe Station

Michinoku Kokusai Golf Club
MAP/E-4

Michinoku Kokusai Golf Club offers genuine forest golf courses overwhelmed by lush forests. Beginners to low handicap players can enjoy playing golf.
●Approximately 25 minutes by car from the Aoimori Railway Misawa Station

Towada International Country Club
MAP/E-5

Towada International Country Club offers forest golf courses and hilly golf courses. There are few trees, and each hole is placed in an almost flat area. Because fairways are wide enough, golf players will be able to enjoy hitting spectacular shots.
●Approximately 10 minutes by car from the Aoimori Railway Misawa Station

Markets offer a taste of fresh seafood and local color

People flock to the market to chat with the local vendors, buy freshly caught seafood, and enjoy it on the spot.

Morning market held in front of Mutsuminato Station

(Hachinohe City) MAP/F-5

This morning market is called the kitchen of Hachinohe. With an array of seafood just harvested from fishing ports, and fresh vegetables grown by neighboring farmers, the market is filled with vitality. The morning market opens at 4:00 am, and is visited by many customers.

●Approximately 1 minute on foot from the JR Mutsuminato Station

Hasshoku Center

(Hachinohe City) MAP/F-5

The Hasshoku Center is one of the largest market in Hachinohe. It offers a variety of fresh seafood, meat, vegetables, dried goods, and souvenirs. In the center, there are restaurants as well as places where customers can grill and eat seafood and meat they have purchased in the market.

●Approximately 10 minutes by car from the JR Hachinohe Station

The three major agricultural products with the largest harvests In Japan

Aomori Apples

The Aomori apple harvest accounts for more than 50% of all the apples harvested in Japan. There are many different kinds of apples harvested, including Tsugaru, Sekaiichi and Fuji, during the different harvest seasons.

Garlic

Fukuchi White 6-clove garlic is the variety with large cloves, and Aomori accounts for approximately 70% of domestic production. Its snowy white, high quality has won high acclaim throughout Japan. A product that Aomori is proud of.

Burdock

Aomori produces large harvests. Aomori's burdock has outstanding aroma and flavor, and is known for its crunchy texture. Cool weather during summer allows farmers to reduce the use of pesticides for safe and high quality produce.

Hirosaki Central Food Market (Hirosaki City) MAP/C-5

The market features the freshest seafood and just-made hot food. The famous candied sweet potatoes are sold from autumn to spring.

●Approximately 5 minutes by car from the JR Hirosaki Station

Furukawa Market "Nokkedon"

(Aomori City) MAP/C-4

Furukawa Market is a treasure chest of the seasonal ingredients that opened around 1965. The market has the atmosphere of the Showa era (1926~1989). The ever popular Nokkedon is a DIY dish: First, buy a set of coupons and swap one for a bowl of rice, then go around the market and choose your favorite toppings.

■Location: Aomori Fresh Fish and Vegetable Center, 1-11-16 Furukawa (Use the parking lots nearby. Charged)

■Nokkedon Time: 7:00 a.m.-1:00 p.m.

* You can exchange your coupons at stalls with a flag. Business hours vary by shop.

■Closed: Aomori Fresh Fish and Vegetable Center: Tuesdays

●Approximately 5 minutes on foot from the JR Aomori Station

How about some souvenirs from Aomori, Japan?

Various craft products unique to Aomori, created through the wisdom of our ancestors and traditional techniques handed down through generations

Koginsashi Embroidery

Koginsashi embroidery originated about 240 years ago. Poor farmers at the time developed a technique to use hemp, which was not durable and had a poor heat-retaining property, as clothing that was durable and warm. The technique has been passed down and mastered through the generations.

Tsugaru Lacquerware

Tsugaru Lacquerware was first created about 300 years ago, and it was designated as a national traditional craft. Four traditional techniques haven been handed down to the present day. Hiba arborvitae is used as a raw material, and it goes through about 50 processes to be completed as lacquer ware.

Tsugaru Kanayamayaki

High quality local clay is used for Kanayama-Yaki, which is ceramic ware with a rustic texture, to bake and vitrify at a hight temperature of 1,360 degrees with the use of only Japanese red pine firewood without glaze.

Cypress Woodwork

Made with wood from Aomori's natural cypress forest, known as one of the three most beautiful woods in Japan. Hiba cypress is moisture-resistant and aromatic, and has elaborate and beautiful grains, so it is widely used for furniture, doors, doorframes, interior finishing materials, and woodwork.

Local cuisine made using high-quality water and seasonal crops, developed from everyday wisdom.

1 Horse meat
Popular cuisine in the horse raising region of Kennan. Tender horse meat, which provides high protein and low calories, has a rich taste.

2 Kaiyaki Miso
This is a home-style dish with a big scallop shell used as a pan. A scallop is put in the scallop shell with soup in it. Then Miso and beaten eggs are added to then.

3 Scallop Sashimi
Aomori prefecture is a major scallop producer. Scallops from the prefecture are full-flavored and its scallop sashimi is especially tender.

4 Squid Sashimi
Squid can be caught along the prefectural coast. Hachinohe Port in particular yields the largest catch of squid in Japan. Squid tastes wonderfully crunchy.

5 Oma Tuna Sashimi Rice Bowl
Tuna caught by single-hook fishing in Oma Town are well known nationwide. These fatty tunas are prized and considered superb.

6 Nakadomari Rockfish Meal
(Nakadomari raw and boiled rockfish tray)
Rockfish is high-quality fish caught in Nakadomari. This new Nakadomari gourmet uses a whole rockfish caught in Tsugaru Channel. The tray includes fresh sashimi of a whole rockfish and delicious piping hot rockfish boiled in soy sauce.

7 Towada Barayaki
Sautéed beef rib with large amount of onions marinated in sweet and spicy sauce, and grilled on a hot plate. This local gourmet delight goes well with white rice and stimulates your appetite.

8 Rice Cracker Soup
This local cuisine is made with Nanbu rice crackers produced especially for soup. The crackers are broken, placed in soup, and cooked thoroughly.

9 Codfish Jappajiru
A local dish made with the head and bony parts left over after filleting codfish. It's boiled with daikon radish and carrots.

10 Aomori Shamrock Chicken
Aomori Shamrock is a high quality locally-produced chicken developed independently in Aomori Prefecture. Shamrock tastes rich and tender.

11 Hachinohe Maeoki Mackerel
Fresh and delicious mackerel caught several kilometers off Hachinohe fishing port. With a lot of unsaturated fatty acid, it's very healthy.

12 Flounder Zukedon
Fresh flounder is marinated in a sauce and then placed over rice in bowl. It is a lavish local dish.

13 Fukaura Tuna Steak
Locally caught tuna is enjoyed in three small bowls, one with sashimi on top, one with one side grilled and one with both sides grilled. It is a meal set served on a tray filled with the great flavor of Fukaura tuna.

14 Local Sake
Aomori is blessed with a cool climate and clear water. The line up of rich local sake is made from the rice produced in this prominent rice-producing region.

15 Monkfish
Aomori boasts one of the highest monkfish catches in Japan. On the Shimokita Peninsula, monkfish caught using a unique method can be enjoyed at its freshest.

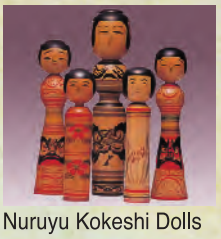
16 Aomori Ginger Miso Oden
Aomori origin Aomori ginger miso oden topped with miso sauce mixed with grated ginger. Mildly sweet miso and the rich flavor of ginger have been enjoyed for years.

17 Kuraishigyu
Kuraishigyu is premium quality beef that is finely textured and tender, and tastes rich. Premium quality Japanese black beef produced in Aomori has been highly acclaimed at national beef quality competitions.

18 Ichigoni
Featuring the aroma of the ocean, tasty sea urchin and abalone, this popular seafood soup will stimulate your appetite.

19 Kenoshiru
This is local Tsugaru dish made with chopped daikon, carrots and various mountain vegetables boiled with miso flavor. This is eaten a little at a time during winter.

20 Hiranai Fresh Scallop Course
The course includes fresh scallop sashimi, scallop steak, sushi with baby scallop, baby scallop soup and scallop ice cream. Only available in Hiranai, the town with the number one scallop production in Japan.



Nuruyu Kokeshi Dolls
Tsugaru Kokeshi dolls, the products of snowy Tsugaru, are characterized by their plump breasts and figures that spread out towards the bottom. Their artistic beauty is highly acclaimed nationwide.

Yawatauma
A toy that has been handed down in the Nanbu area for generations. The festive decoration is said to represent the garment put on horses when carrying a bride to the groom's home.

Nanbu Sakiori
Nanbu sakiori is weaved using cotton thread for the warp and old cloth torn to small pieces for the weft, a tradition borne of the need to make the utmost of valuable clothes. They were made by women between the agricultural seasons.

Tsugaru Vidro
Glass melted at the high temperature of 1,500 degrees is made into vidro by free-blowing technique.

Enjoyable sightseeing in city areas

Places recommended to add to your travel plan

Aomori City

1 ASPAM (Aomori Prefectural Center for Tourism and Industry)

There is an observation deck to enjoy a view not only of the city but also of the Shimokita,Tsugaru, and Natsudomari Peninsulas, Mutsu Bay and the Hakkoda mountains. A 360-degree multiscreen panoramic projection that gives a realistic sensation, and a corner to promote local produce. Live Tsugaru shamisen performances are also presented free of charge.
●Approximately 7 minutes on foot from the JR Aomori Station

2 Seikan Memorial Ferry Hakkodamaru

Hakkodamaru is a memorial ship that introduces the history of the Seikan ferry, which ended its service in 1988. Visitors to the ship can take a look at its engine room and gangplank used during its service years. The illuminated ship accentuates the waterfront at night.
●Approximately 5 minutes on foot from JR Aomori Station

3 Shiko Munakata Memorial Museum of Art

This museum houses many block prints of Shiko Munakata, a native of Aomori and a World-famous printer. The display is rotated four times a year.
●Approximately 15 minutes by car from the JR Aomori Station

4 Nebuta Museum WA RASSE

The museum exhibits the history and four full-sized floats from the Aomori Nebuta Festival. A dreamy space where visitors can experience festival throughout the year.
●Approximately 1 minute on foot from the JR Aomori Station

5 Showa Daibutsu (Great Buddha Statue) in Seiryuji Temple

In the Seiryuji Temple lies Japan's largest bronze seated statue of Buddha called the Showa Daibutsu. On the premises, there is a five-story 39-meter high pagoda that is Japan's fourth highest five-story pagoda and made completely of hiba cypress.There is also a main hall and a vermilion-lacquered Daishido hall.
●Approximately 30 minutes by car from the JR Aomori Station

6 Aquarium Asamushi

A large number of rare aquatic animals from Aomori Prefecture and the whole world are on display. A 15-meter long walk-through tunnel, penguin, sea lion and seal feeding, and dolphin shows are popular among visitors.
●Approximately 15 minutes on foot from the Aoimori Railway Asamushi-Onsen Station

Hirosaki City

1 Hirosaki Park (Hirosaki Castle) *

Hirosaki Park houses the tower, turrets, and gates of the castle of the lords of the Tsugaru Clan, which unified the Tsugaru area in Aomori Prefecture, so visitors can visit the places they lived in. Hirosaki Park is nationally known as one of the best cherry blossom viewing spots in the spring.
●Approximately 10 minutes by car from the JR Hirosaki Station

2 Samurai and Merchant Residences

A group of traditional buildings including old samurai residences And merchants' residents from the feudal age are preserved. Hedges of cherry trees, and board fences preserve a characteristic landscape. With sake breweries and warehouses still lined up along the street, visitors can enjoy the atmosphere of the Edo period.
●Approximately 15 minutes by car from the JR Hirosaki Station

3 Zenringai with 33 temples, including historic site Chosho-ji Temple

As a counterbalance to Hirosaki Castle, 33 Zen temples were constructed in Zenringai. One of these is the Chosho-ji Temple, the Tsugaru family temple, which is designated as a national historic site.
●Approximately 30 minutes by car from the JR Hirosaki Station

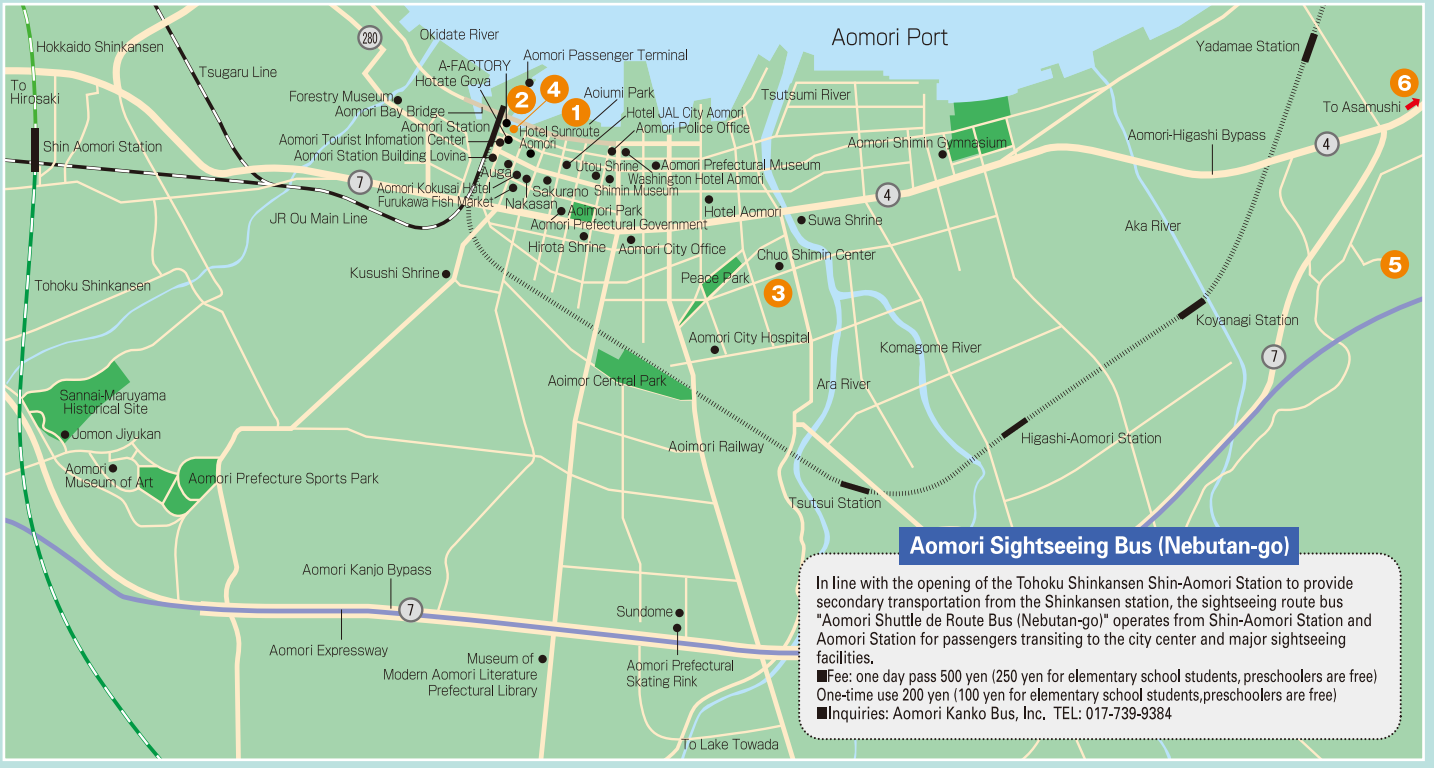
4 Hirosaki Apple Park

Located in the production center of apples in Hirosaki, the park provides a place for relaxation. In the site of about 40,000m², there are 1,000 apple trees of about 60 kinds, so visitors can experience and learn various things aboutapples.
●Approximately 20 minutes by car from the JR Hirosaki Station

Tsugaru Free Pass

Unlimited train and bus use in specified areas! Enjoy sightseeing spots, onsen and attractions in Tsugaru. Use the Tsugaru Free Pass valid for two days and plan your travel! The Pass comes with discounts for various attractions.
■Price: 2,060 yen for adults, 1,030 yen for children (* Child rate is for elementary school aged children.)
■Available transportation: JR Ou Line, JR Gono Line, Konan Railway, Tsugaru Railway, Konan Bus in the free area
■Inquiries: Tsugaru Free Pass Management Council TEL: 0172-40-7017

* Hirosaki Castle tower has been moved to facilitate repairs on the surrounding stone walls. It is scheduled to be returned to its original position in 2021.



Aomori Sightseeing Bus (Nebutan-go)

In line with the opening of the Tohoku Shinkansen Shin-Aomori Station to provide secondary transportation from the Shinkansen station, the sightseeing route bus "Aomori Shuttle de Route Bus (Nebutan-go)" operates from Shin-Aomori Station and Aomori Station for passengers transiting to the city center and major sightseeing facilities.

■Fee: one day pass 500 yen (250 yen for elementary school students, preschoolers are free)
One-time use 200 yen (100 yen for elementary school students,preschoolers are free)
■Inquiries: Aomori Kanko Bus, Inc. TEL: 017-739-9384

Hachinohe Enjoy Card

A one-day pass for unlimited use of JR trains and regular route buses (city-operated and Nanbu buses) in Hachinohe. Anyone can use the card for leisure or business. There is also discount service available at participating stores in the city. Make full use of the card to enjoy more of the city.

■Price: 700 yen for adults, 350 yen for children (* Child rate is for elementary school-aged children.)
■Available transportation services: Between Hachinohe Station and Tanesashi Kaigan Station on JR Hachinohe Line, Hachinohe city-operated buses, Nanbu buses (with the exception of a part of Nango), Tanesashi Kaigan Yuran "Umineko-go" buses, Sunday Morning Market "Isaba-go" buses, Ruruppu Hachinohe, "Hasshoku 100-yen buses" connecting Hasshoku Center and Hachinohe Station, "Hassoku 200-yen or less buses" connecting Hasshoku Center and Hachinohe City center.
■Inquiries: Hachinohe Card Management Committee (in Tourism Division, Hachinohe City Office) TEL: 0178-46-4040

Hachinohe City

1 Nejo-no-Hiroba (Nejo Castle Historic Site)

This is the archaeological site of the Nejo Castle, which is said to have been built by Moroyuki Nanbu in 1334. In the keep of the castle, a stable, a workshop, a foundry, a warehouse, and a shed were restored around the keepers' quarters.
●Approximately 10 minutes by car from the JR Hachinohe Station

3 Kabushima Island

This island with its breeding ground of black tailed gulls is designated as a natural treasure. In May, yellow turnip flowers bloom and create a beautiful landscape in contrast with about 30,000 white gulls with black tails.
●Approximately 15 minutes on foot from the JR Same Station

2 Hachinohe Portal Museum "Hacchi"

The museum houses exhibition booths introducing industries, food, festivals, history, culture, as well as a morning market and back streets. There is also space for creative activities. Visitors can enjoy the attractive aspects of Hachinohe throughout the year.
●Approximately 11 minutes on foot from the JR Hon-Hachinohe Station

4 Korekawa Site

This archeological site of the Jomon period in the Korekawa district is generally called the Korekawa Site. Of excavated items, including earthenware, stoneware, baskets, lacquer ware, and wood products, 933 items are stored and displayed as important national properties in Korekawa Archaeological Institution.
●Approximately 20 minutes by bus from JR Hon-Hachinohe Station

Tourist Information Center (TIC)

●Provision of information on traveling at the counter for foreign travelers
●Provision of sightseeing brochures and maps in foreign languages (free of charge)
●Provision of information on sightseeing by phone or in writing in response to inquiries from foreign travelers

JNTO TIC

Shin-Tokyo Bldg. 1F, 3-3-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005
TEL: +80-3-3201-3331 (03-3201-3331 in Japan)

Narita International Airport Information Center (2nd terminal)	0476-34-5877
Narita International Airport Information Center (1st terminal)	0476-30-3383
Kansai Tourist Information Center	072-456-6160

"i" Tourist Information

Tourist information center for foreigners traveling in Aomori Prefecture

Aomori City Tourist Information Center	017-723-4670
Aomori Airport Tourist Information Center	017-739-2007
Aomori Tourist Information Center	017-752-6311
Hirosaki City Tourist Information Center	0172-26-3600
Hirosaki City Tourist Center	0172-37-5501
Hachinohe Tourist Center	0178-27-4243
Roadside Station Shichinohe	0176-62-5777
Towadako Tourist Information Center	0176-75-2425
Misawa Airport Tourist Information Center	0176-53-7500

Questions and answers about problems you may encounter

Q: What should I do if I lose my passport?

A: Report to the police promptly, and at the same time, apply for the reissue of a new passport to the Japanese Embassy or Consulate.

The following are necessary for the reissue of a new passport:
Photo, certificate of lost passport (to be issued by the police), passport number, and date of issuance

Q: What should I do if get ill unexpectedly, or injured?

A: First, you should calm down, and explain your condition to persons nearby, or call 119 when you need an ambulance.
* By calling 119, you will be connected to a fire department headquarters having jurisdiction, or the nearest fire department. Explain calmly whether you have encountered an accident, or you or somebody else has been suddenly taken ill. Tell your address, landmarks to reach there, the conditions of patients, their genders, and whether they have personal physicians.

Q: What should I do if I encounter a crime or an accident?

A: Call 110 immediately.
* Upon dialing 110 anywhere in Aomori Prefecture, you will be connected to the police headquarters in Aomori City.
(If you call 110 by cellular phone and the like in an area near the prefectural border, you may be connected to a police dispatcher.)

Considerations when calling 110
By calling 110, you will be connected to a policeman or policewoman who will ask you some questions in the order of greater importance, so you should calm down and reply accurately and loudly.

When you go to a clinic or hospital:
★ If you do not understand Japanese, take somebody with you who can speak Japanese whenever possible. It is advisable to contact in advance because, even in a hospital with foreign-language-speaking doctors, they may be off-duty, or receptionists may not be able to speak foreign languages.
★ There is a medical insurance system to alleviate patients1 burdens to pay medical expenses in case one gets ill or injured. You should take the medical insurance as early as possible.
★ In case your daily life or medical treatment is limited for religious or other reasons, please explain to your doctor when you see him or her.

The following are necessary when receiving medical care:
(1) Insurance card, (2) cash (only cash accepted to pay for medical care), (3) passport, and (4) memo on your address, phone number, etc.
It is recommended that you bring a card that describes your address, phone number, and the like so that unnecessary difficulties will be eliminated at the time of reception. It is also recommended that you bring a memo on your prominent symptoms so that it will help your doctor give a diagnosis, and help your doctor's fee to be decided at the counter.

Hospitals with foreign-language-speaking doctors in Aomori Prefecture
Aomori International Exchange Association
http://www.kokusai-koryu.jp/foreigners/living-information/topics/post-1.html

When making a phone call to Japan directly from overseas:
[Example: When making a phone call to Japan at 017-123-4567]
81 (Japan's country number) **-17** (area code without zero) **-1234567** (the other party's phone number)

When making a phone call in Japan:
[Example: When making a phone call at 017-123-4567 in Japan]
017 (area code) **-1234567** (the other party's phone number)

Inquiries

Aomori Prefecture Tourism Federation
Aomori Prefecture Tourist Center (ASPM)
8F, 1-1-40 Yasukata, Aomori-shi 030-0803
Tel: 017-722-5080

Aomori Prefecture Tourists Attraction and Exchange Div.
1-1-1 Nagashima, Aomori-shi 030-8570
Tel: 017-734-9130

Aomori Prefecture Tokyo Office Tourist Information Center
Aomoriken Kaikan 1 Fl, 2-3-11 Fujimi, Chiyoda-ku, Tokyo 102-0071
Tel: 03-5276-1788

Aomori Prefecture Tokyo Office
Todofuken Kaikan 7 Fl, 2-6-3 Hirakawa-cho, Chiyoda-ku, Tokyo 102-0093
Tel: 03-5212-9113

Accommodations

Aomori Prefecture Ryokan and Hotel Sanitary Association	017-777-3411

Minshuku

Aomori Prefecture Minshuku Association	http://www.aominren.jp

Emergency medical and medical services, and public health centers

Major Hospitals

Aomori Prefectural Central Hospital (※)	017-726-8111
Aomori Prefectural Tsukushigaoka Hospital	017-787-2121
Aomori Shimin Hospital	017-734-2171
Hirosaki National Hospital	0172-32-4311
Hirosaki University School of Medicine and Hospital (※)	0172-33-5111
Hirosaki Municipal Hospital	0172-34-3211
Aomori Rosai Hospital (※)	0178-33-1551
Hachinohe National Hospital	0178-45-6111
Hachinohe Red Cross Hospital	0178-27-3111
Hachinohe Shimin Hospital (※)	0178-72-5111
Kuroishi City General Hospital (※)	0172-52-2121
Tsugaru Seihokugo Region Union Tsugaru General Hospital	0173-35-3111
Misawa City Hospital	0176-53-2161
Towada City Chuo Hospital	0176-23-5121
Mutsu General Hospital (※)	0175-22-2111
Sotogahama Central Hospital	0174-22-3450
Hokubu-Kamikita Noheji Public Hospital	0175-64-3211
Hirakawa City Hospital	0172-44-3101
Kanagi Public Hospital	0173-53-3111
Shichinohe Public Hospital	0176-62-2105

Emergency Medical Service

Aomori City Emergency Medical Center	017-773-6477
Hirosaki City Emergency Medical Clinic	0172-34-1131
Hachinohe City Emergency Medical Clinic for Holidays and Night Time	0178-22-2277

Public Health Center

Aomori City Public Health Center (Aomori City)	017-765-5280
East Region Public Health Center (Aomori City, Hiranai Town, Sotogahama Town, Imabetsu Town, and Yomogita Town)	017-739-5421
Hirosaki Public Health Center (Hirosaki City, Kuroishi City, Hirakawa City, Fujisaki Town, Owani Town, Inakadate Village, Nishimeya Village, and Itayanagi Town)	0172-33-8521
Hachinohe Public Health Center (Hachinohe City, Sannohe Town, Gonohe Town, Takko Town, Nanbu Town, Hashikami Town, Singo Village, and Oirase Town)	0178-27-5111
Kamitosan Public Health Center (Towada City, Misawa City, Noheji Town, Shichinohe Town, Rokunohe Town, Yokohama Town, Tohoku Town, and Rokkasho Village)	0176-23-4261
Mutsu Public Health Center (Mutsu City, Oma Town, Higashidori Village, Kazamaura Village, and Sai Village)	0175-24-1231
Goshogawara Public Health Center (Goshogawara City, Tsugaru City, Tsuruta Town, Nakadomari Town, Ajigasawa Town, and Fukaura Town)	0173-34-2108

※Medical service institutes selected as "medical institutes that can accept overseas tourists"by the Japan Tourism Agency.

Information on sightseeing of Aomori Prefecture's municipalities

	Names of municipalities	Division in charge	Inquiries
City	Aomori City	Tourism Promotion Div.	017-734-5175
	Hirosaki City	International Tourism Div.	0172-40-7017
	Hachinohe City	Tourism Div.	0178-43-2135
	Kuroishi City	Commerce and Tourism Div.	0172-52-2111
	Goshogawara City	Tourism and Commodity Div.	0173-35-2111
	Towada City	Tourism Promotion Div.	0176-23-5111
	Misawa City	Tourism and Commodity Div.	0176-53-5111
	Mutsu City	Tourism Rehabilitation Div.	0175-22-1111
	Tsugaru City	Commerce and Tourism Div.	0173-42-2111
	Hirakawa City	Commerce and Tourism Div.	0172-44-1111
Higashi-Tsugaru County	Hiranai Town	Fisheries, Commerce and Tourism Div.	017-755-2118
	Imabetsu Town	Planning Div.	0174-35-2001
	Yomogita Village	General Administration Div.	0174-27-2111
	Sotogahama Town	Industry and Construction Div.	0174-31-1228
Nishi-Tsugaru County	Ajigasawa Town	Tourism and Commerce Div.	0173-72-2111
	Fukaura Town	Tourism Div.	0173-74-2111
Naka-Tsugaru County	Nishimeya Village	Industry Div.	0172-85-2111
Minami-Tsugaru County	Fujisaki Town	Planning and Financing Div.	0172-75-3111
	Owani Town	Planning and Tourism Div.	0172-48-2111
	Inakadate Village	IPlanning and Tourism Div.	0172-58-2111
Kita-Tsugaru County	Itayanagi Town	Industry Promotion Div.	0172-73-2111
	Tsuruta Town	Industry and Tourism Div.	0173-22-2111
	Nakadomari Town	Fisheries and Tourism Div.	0173-57-2111
Kamikita County	Noheji Town	Regional Strategy Div.	0175-64-2111
	Shichinohe Town	Commerce and Tourism Div.	0176-62-2137
	Rokunohe Town	Industry Div.	0176-55-3111
	Yokohama Town	Industry Promotion Div..	0175-78-2111
	Tohoku Town	Commerce and Tourism Div.	0176-56-4148
	Rokkasho Village	Commerce and Tourism Div.	0175-72-2111
	Oirase Town	Commerce and Tourism Div.	0178-56-4703
Shimokita County	Oma Town	Industry Promotion Div.	0175-37-2111
	Higashidori Village	Management Planning Div.	0175-27-2111
	Kazamaura Village	Industry and Construction Div.	0175-35-2111
	Sai Village	General Strategy Div.	0175-38-2111
Sannohe County	Sannohe Town	General Administration Div.	0179-20-1111
	Gonohe Town	Planning and Promotion Div.	0178-62-2111
	Takko Town	Industry Promotion Div.	0179-20-7114
	Nanbu Town	Commerce, Tourism and Exchange Div.	0178-84-2111
	Hashikami Town	Industry and Construction Div.	0178-88-2875
	Shingo Village	Industry and Construction Div.	0178-78-2111

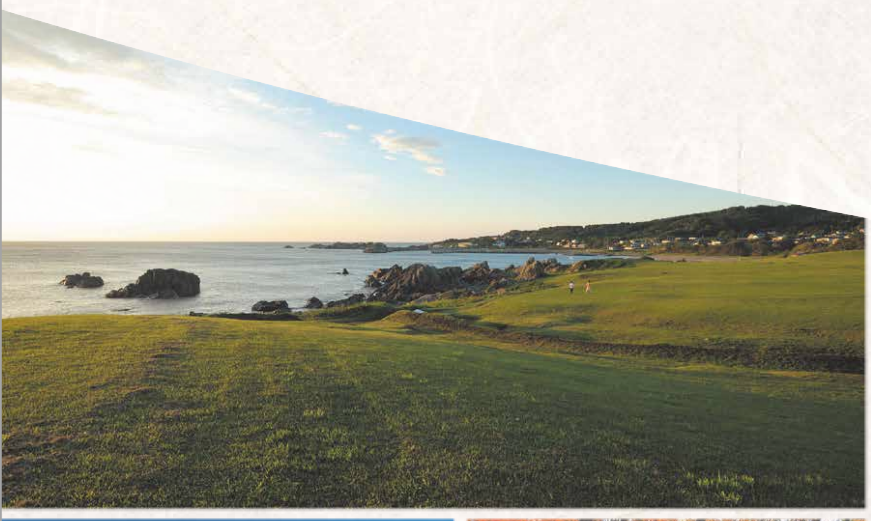
Aomori Prefecture Osaka Information Center
(Osaka Joint Office for Three Prefectures in Kitatohoku)
Osaka Ekimae First Bldg. 9 Fl, 1-3-1-900 Umeda, Kita-ku, Osaka-shi 530-0001
Tel: 06-6341-2184

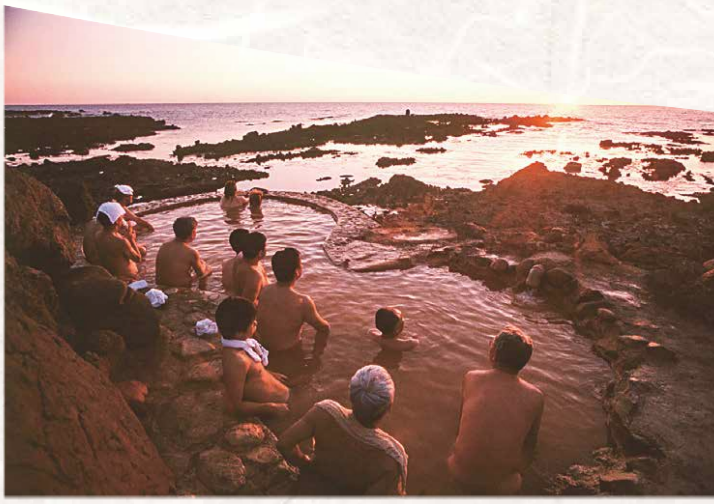
Aomori Prefecture Nagoya Information Center
(Nagoya Joint Office for Three Prefectures in Kitatohoku)
Chubu Nippon Bldg. 4 Fl, 4-1-1 Sakae, Naka-ku, Nagoya-shi 460-0008
Tel: 052-252-2412

Aomori Prefecture Fukuoka Information Center
(Fukuoka Joint Office for Three Prefectures in Kitatohoku)
Sumitomo Seimei Fukuoka Bldg. 1 Fl, Michinoku-Yume Plaza
2-8-34 Tenjin, Chuo-ku, Fukuoka-shi 810-0001
Tel: 092-736-1129

For more information on Aomori Prefecture, please visit the following website: APTI NET **https://www.en-aomori.com**

https://www.facebook.com/hakkodajapan Hakkoda,Japan's Deep Powder Padadise





Please go to the website below for more information on Aomori.

APTI NET **http://www.en-aomori.com**

https://www.facebook.com/hakkodajapan

Aomori Prefecture Sightseeing and Transportation Guide App **Aomori Navi**

How to download.

From App Store or Google Play

Aomori Navi Search

Read the QR code and go to the download page

For iPhone QR code

For Android QR code

2018.3

English